RCMP OFFICER STANDS BEHIND TASER USE, PG4

Celebrity Buzz

Winehouse makes her return to the U.K.
pg 14

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Housing finding its balance

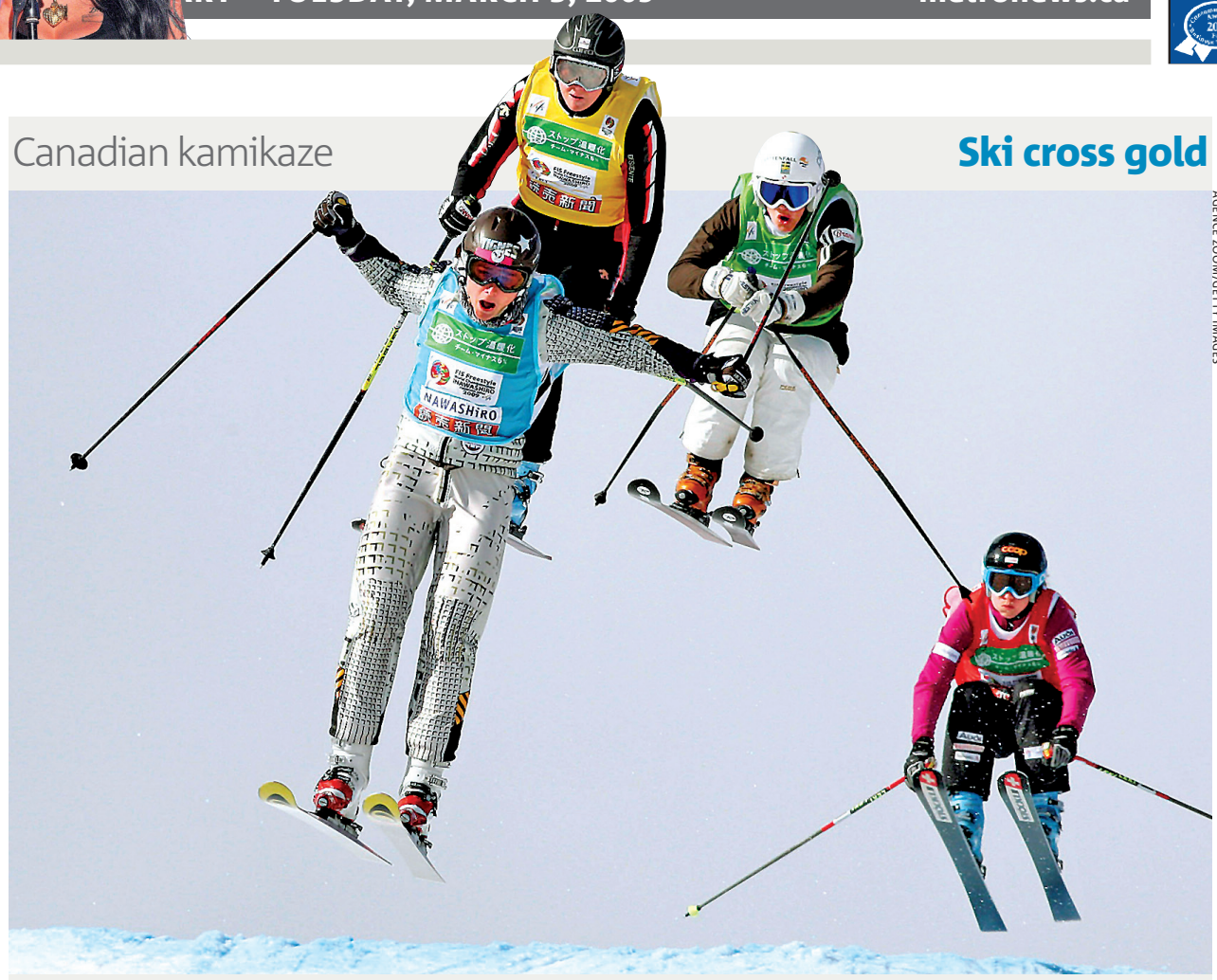
ECONOMY Calgary's residential real estate is restoring balance, according to the Calgary Real Estate Board.

CREB president Bonnie Wegerich says "affordability is the silver lining in this market." Low interest rates and more selection add to the good news buyers are finding in a market now tailored to them.

Sales activity jumped 50 per cent from January to February, though still down 34 per cent between February 2008 and last month.

"We are slowly but surely returning to a more balanced market," Wegerich said. METRO CALGARY

Canadian kamikaze **Ski cross gold**



AGENCE ZOOM/GETTY IMAGES

Ashleigh McIvor of Whistler, B.C., flying high second from left in black, took first place during the FIS Freestyle World Championships Women's Ski Cross event yesterday in Inawashiro, Japan. Canada's Davey Barr took bronze in the men's final.

Ring road slowly nearing a deal

ALICIA FOX
for Metro Calgary

Step by step, the bureaucrats are making their way down the path that will lead them to completion of Calgary's ring road.

Progress, however slow it might be, is still being made in the final tweaking needed by both sides to strike a deal between the province and Tsuu T'ina Nation.

Trent Bancarz with Alberta Infrastructure and Transportation said while nothing's been officially signed, negotiations have gone "very well" and everyone's working hard to make it happen.

"The negotiations are very complex in nature," he said. "Unfortunately, they're a bit time-consuming."

"The negotiations are very complex in nature. Unfortunately, they're a bit time-consuming."
Trent Bancarz, Alberta Infrastructure

He hopes something will be determined sometime this year, but others aren't holding their breath.

"I think we're a ways away yet to having a signed-off agreement," Mayor Dave Bronconnier said, adding that final drafts have been around for a long time without much being officialized.

Jim Royer, president of the Lakeview Community Association, says he's "cautiously optimistic."

"We've heard a number of times that progress is being made … and then nothing happened," Royer said, but added that multi-layered agreements take time.

The province announced a public/private partnership yesterday for the southwest leg of the ring road, slated to begin construction in the spring of 2010 and open in 2013.

It will also create hundreds of much-needed jobs, say both Bronconnier and Bancarz.

"I don't know exactly how many people this would employ, but it's certainly significant," Bancarz said. "I think it would be in the hundreds."

Bronconnier said he was pleased the province is investing funds into infrastructure.

"Now is not the time to be timid," he said, adding that costs for this project are much lower than they would have been several years ago.

The project is comparable to the $630-billion cost of the northeast section, Bancarz said.

The 25-kilometre stretch will give an alternative route to the 175,000 cars that travel Deerfoot daily.

Cameras set to catch speeders

JENNIFER HILLIKER
for Metro Calgary

LAW The Calgary Police Service says speeders have one more month to change their driving habits before red light cameras turn into green and yellow light cameras as well.

The Speed on Green campaign was officially launched yesterday to inform Calgarians that at least five intersection cameras would be catching people speeding through green and yellow lights.

For now, offenders will receive a written warning, but that changes as of April 1.

"Our goal is to reduce collisions and improve safety by encouraging people to slow down. Ideally, we would do this without issuing a single ticket," said Staff Sgt. Brett Marklund.

Locations

- The cameras could potentially be implemented in 44 locations.

Marklund said the goal of the project is not to increase revenue.

"The cash cow label is an old and tired label as far as I'm concerned. The (speeding) fine component of any traffic enforcement unit is necessary. The courts will likely get a bit of a spike in not-guilty pleas, moreso because it's a new legislation and unproven in the courts."

Marklund said the cameras are proven to be accurate and self-testing, and if there are any problems they will shut themselves down.

ShareYourViews
calgaryletters@metronews.ca

Entertainment pg 12

U2 not afraid to do their own thing

Riding the Recession

Now through the end of March, Metro will share advice on how to cut down on expenses and navigate your way through the recession.

Health
- **Inexpensive exercise options that won't make you break an economic sweat, pg 11**

Tomorrow
- **How to get best car insurance deals to drive you through the recession.**

Thursday
- **We give you a few budget-friendly meals your whole family will love.**

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George Fontanills, founder of Optionetics, is a Harvard-educated, internationally renowned best-selling author, and options trading expert.

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SAIT seeking technological donations
SAIT is encouraging anyone that might have unused computer or electronic equipment to send it down to their campus at 1301-16th Ave. NW for recycling. The Electronic Recycling Association has partnered with the school to collect the equipment, which they then refurbish and donate to local charities. The round-up runs from today to Friday, 9 a.m. to 5 p.m. METRO CALGARY

Local

Burning up the stage

The spirit of Spain will heat up the University Theatre when flamenco dancer Annette "La Mora" Morcos brings her latest production, Imagenes, on April 4. Guest artists include Jesus Munoz, a resident artist for Carlota Santana's Vivo Flamenco in New York City, and professional guitarist José Vega Jurado. METRO CALGARY

Province selling $500K of recently seized property

CRIME The provincial government is hoping to sell $500,000 of property seized in recent months, Justice Minister Alison Redford said yesterday.

Even though there hasn't been a criminal conviction, the Victim's Restitution and Compensation Payment Act, enacted in December, gives the province the ability to sell these items. Redford said the proceeds would go to victims of crime.

Four 7-Eleven locations robbed

THEFTS Two men are in custody for an alleged 7-Eleven robbery rampage that happened early yesterday morning.

The suspects allegedly robbed five locations and attempted to rob another. Police believe staff at the fifth store in the southeast received a warning from another store and were able to lock the suspects out. METRO CALGARY

metronews.ca
What's online today.

Watch How to fight scratchy eyes brought on by Calgary's dry winter at **metronews.ca/local**

Read Guidy Mamann's blog on why insulting a minister is not the "Canadian" way.

Block watch to toughen up?

Extra funds would make program more useful: Aldermen

JENNIFER HILLIKER
for Metro Calgary

Some aldermen say a neighbourhood program designed to protect communities from crime hasn't been effective in the past but is about to turn around.

Pending approval from city council, $115,000 could be invested in Calgary's Block Watch program as part of the $601,000 proposed to be put into a crime prevention plan.

"From everything I see they're going to make it into a really strong program, but it hasn't been effective in my ward in the past," said Ald. Jim Stevenson.

"Block Watch is something that we need to strengthen. I am definitely in favour of us putting some more money into it."

New Block Watch executive director Martin Cull said they are going to use the funds to increase the program's effectiveness and give presentations with police, fire and bylaw services.

"We're basically doing a bit of a road show, showing people how well we work together," Cull said.

"The bottom line is that we have to fire up communities to say enough's enough, and we're not going to put up with people doing inappropriate things."

Glen Moman took the Block Watch reins in his community of Albert Park after becoming fed up with crime in the area.

"It was horrible — we had break-ins, graffiti and all kinds of stuff. I'd have to say crime has gone down at least 60 per cent since we began Block Watch."

ROBIN KUNISKI / FOR METRO CALGARY

Glen Moman, president of Block Watch for Albert Park/Radisson Heights, has a Block Watch sticker in his window. A possible city investment into the program would revive it as a part of a community crime-prevention strategy.

Three newly minted millionaires in Calgary

ALICIA FOX
for Metro Calgary

If you've bought a lottery ticket, you may be entitled to a million bucks.

Calgary has become a lucky city of late, with three out of the four winners of $1,000,000 in the Western Canada Lottery residing in Calgary.

Andrea Marantz, with the WCL Corporation, said they've received just one phone call in regards to the winnings.

"It's very exciting," she said. "Occasionally people will have bought a ticket and forgotten about it."

The Millionaire for Life lottery top prize of $1,000,000 for 25 years, also won by an Albertan, hasn't been officially claimed yet, either.

Marantz said the winner wasn't from Calgary or Edmonton, but could live anywhere else.

Time limit

- Lottery tickets expire after one year, but prizes can be claimed up to that time.

Calgary gets classical at Kiwanis fest

ARTS There's free musical entertainment all month long for Calgarians hit by the economic downturn.

Nearly 10,000 amateur musicians and speech artists ages five to 25 are performing at the month-long Kiwanis Music Festival, and because you don't have to pay to see any of the talent, executive director Mary Ross says the festival is economy friendly.

"We're the best bargain in town," she said. "It's a good way to come out and have some free fun. People can come and bring their kids — it may be one of the first times they've had a chance to listen to classical music."

The marathon includes piano, harp and choir performances. This year the festival is also featuring musical theatre with over 400 performances — 40 per cent more than last year. JENNIFER HILLIKER/ FOR METRO CALGARY

GLENN NORMAN / LA VICA PHOTOS

Cellist Arlen Hlusko plays at last year's Kiwanis Music Festival.

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Journalist called to court over sponsorship scandal

A journalist who helped expose the federal sponsorship scandal says he'd rather face jail time than reveal his source in court. Globe and Mail reporter Daniel Leblanc has been ordered to face questions in Quebec's Superior Court about the identity of his source. **CBC NEWS ONLINE**

Canada/World

JTF2 joins 2010 security

OLYMPICS Troops from the Canadian army's elite Joint Task Force 2 counter-terrorist unit will be assigned to help provide security at the 2010 Winter Olympic Games in Vancouver, a senior military official said yesterday.

The military does not usually comment on the deployment of the JTF2, which is part of its so-called Special Operations Forces. **REUTERS**

News in brief

REPORT The report of Newfoundland and Labrador's breast cancer inquiry will be released today, a day later than originally planned due to an electronic error. The report examines how almost 400 breast cancer patients received the wrong results of important lab tests. **CBC NEWS ONLINE**

Officer defends stun gun usage

A police officer who repeatedly stunned a Polish immigrant in a fatal incident at Vancouver's airport defended yesterday the multiple shocks as necessary because the man continued to struggle.

Robert Dziekanski was initially shot with the Taser stun gun after he showed "an intent to attack" the police who had responded to a call of a distraught man, Royal Canadian Mounted Police Const. Kwesi Millington told a public inquiry.

Millington said he remembers immediately firing a second jolt of 50,000 volts because Dziekanski did not fall to the ground, and fired it at least two more times once he was down because he was still struggling with the officers.

A video of the incident played during the inquiry appears to show a screaming Dziekanski falling to the ground before the second shock was fired.

Dziekanski, who was in the process of immigrating to Canada where his mother lives, died after the struggle although the exact cause of his death has never been determined.

A video of the 2007 incident received international publicity and raised controversy over the police use of the weapons that are intended to disable victims. **REUTERS**

'Waterboarding' ruled out in U.S.

U.S. attorney general Eric Holder ruled out the use of "waterboarding" as an interrogation technique for terrorism suspects yesterday, calling it a form of torture that the Obama administration could never condone.

Holder's declaration underscored President Barack Obama's break with the former Bush administration's anti-terrorist policies, which were condemned by human-rights groups, civil liberties advocates and U.S. allies abroad.

> **"My Justice Department will not justify (waterboarding), will not rationalize it and will not condone it."**
> U.S. attorney general Eric Holder

"Waterboarding is torture ... My Justice Department will not justify it, will not rationalize it and will not condone it," Holder, who is heading a review of the treatment of terrorism suspects, said in a speech in Washington.

One of the most widely condemned Bush administration practices was waterboarding, a form of simulated drowning, which the CIA acknowledged using on three terrorism suspects before it said it stopped in 2003. **REUTERS**

Kids not killed by Canadians: Army

AFGHANISTAN Three Afghan children who died when a shell blew up last week had most likely been handling a Taliban bomb and not a Canadian shell as first suspected, Canada's military said yesterday.

Local villagers blamed last Monday's fatal blast on a shell left behind after Canadian troops carried out an artillery firing practice on a range near the southern city of Kandahar. **REUTERS**

News in brief

ATTACK Gunmen killed at least four people in an attack on the Sri Lankan cricket team's bus last night as it drove to a stadium in Pakistan, according witnesses. Sri Lankan media, quoting the sports minister, said four players received minor injuries in the attack. **REUTERS**

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Comment & Views

Comment

Harper's in another deep-blue funk

NationalReport

What is irking the prime minister these days? It looks like he's back in confrontation mode, one of his deep-blue funks.

How about his plan to distribute $3 billion in stimulus funds from behind closed doors? Either accept it, he tells opposition leaders, or we'll have another election. The ultimatum came at the same time his information commissioner, Robert Marleau, released a report denouncing the government's habitual secrecy. Well, Marleau, the PM so much as said, you can get stuffed, too, just like the opposition.

We have the news also that Harper's war-room staff are reviewing hours of tape of Liberal Leader Michael Ignatieff to find material for some cheap attack ads. In a show of civility, the PM had refrained from doing this. But now he's going back into the gutter. Attack ads never used to be used between election campaigns in Canada. Harper started the practice against Stephane Dion, and now Iggy had better beware. This prime minister will go as low as it takes.

Harper

On the foreign front, the Conservatives have suddenly turned cold warriors. They tried to get a great ruckus going with Moscow, announcing that Russian planes got close to Canadian air space near the time of Barack Obama's visit. The Russians do these flybys as a matter of routine. The story was one of the great yawners of the winter. But the PM likely figured some suckers in the media would take it seriously and portray him as a tough guy standing up for Canadian sovereignty against the evil reds.

Then he took on Iran, using vile words to denounce the regime. It was a little late — about two years behind everyone else — to get in on this story. But with the big liberal winds rushing across the continent, Harper needs to shore up his right-wing base. Russia and Iran will do, along with more deification of Israel thrown in for good measure.

Things are uppity in Ottawa. The PM's office is reportedly beside itself over reports that the Governor-General received an invitation to visit Barack Obama in Washington while the prime minister did not. Unnamed sources — we can guess from where — are saying that no, she didn't. The Governor General's office is saying that yes, she did.

Harper took a lot of hits over the winter and now clearly wants to show he is back in command. But when he gets in these kinds of zones, things can get ugly. He wasn't exactly cut out for minority governments and he's starting to run this one like he did the last. Like he won a landslide.

Lawrence Martin is a Globe and Mail correspondent and author who writes about national affairs from Ottawa.

Views

Volunteering a functional approach to violence

InStep

Spurred by political drives for guns bans, I once remarked in jest that banning knives would be proposed, followed by a ban on scissors, hammers and anything else that could potentially be used as a murder weapon. Well, Edmonton Mayor Stephen Mandel is actually thinking about a ban on the sale of large knives following a recent rash of stabbings. It's another knee-jerk reaction by politicians trying to show their voting bloc that they are steadfast defenders of public safety.

Our politicians recognize that silence is never golden in political life, particularly when there is a public outcry on any matter.

In Vancouver, there have been seven brazen shootings in February alone as B.C. continues to grapple with surging gang-related crime. In response, Ottawa unveiled anti-gang legislation which guarantees an automatic first-degree murder charge for any homicide linked to organized crime.

Time will tell how effective this bill will prove to be at reducing violence. In the meantime, there is a practical component that both government and citizens can work on together: Building mentorship programs, supported heavily by volunteerism.

With National Volunteer Week coming up soon, consider the facts: In Canada, roughly 12 million volunteers contribute $112 billion in economic revenue, a bigger contribution to the country's GDP than the manufacturing sector. In fact, volunteers are saving jobs by keeping many social service and health agencies afloat.

Vulnerable youth recruited into gang life have shown some remarkable turnarounds when integrated into mentorship programs in which volunteers are vital. But it costs money to recruit, train and promote volunteers. In tough economic times, crime and violence escalate.

It's time for government to implement a commonsense approach to both crime and stimulating the economy by investing in volunteerism to help improve our communities.

Christine Williams is the producer and host of the live current affairs daily talk show On the Line at CTS TV in Burlington, Ont.

MICHAEL DE ADDER

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Intel, TSMC team up on developing Atom-based technology
Intel Corp. and TSMC have agreed to team up to develop and make the low-cost Atom chip for use in a swathe of consumer electronics devices, expanding its use beyond netbooks, as the chip makers target new markets in a deepening recession. REUTERS

Business

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It's official: We're in a recession

The Bank of Canada is poised to cut its overnight rate in half today as it attempts to pull the Canadian economy out of a downward spiral.

The rate cut comes one day after a dismal GDP report that proves the economy landed with a thud in the final three months of last year. Gross domestic product fell by 3.4 per cent, according to Statistics Canada. The decline officially marks the economy sliding into its first full-blown recession since 1991.

The severity of the drop does not reveal how much worse the economy is likely to get, or how long the slump will last. "It's like the opening shot, really," said Doug Porter, deputy chief economist at BMO Capital Markets.

"It's like the opening shot."
Doug Porter, BMO Capital Markets

Economists say the first quarter of this year is likely to be worse.

The GDP report sent stocks in Toronto plunging to levels not seen in more than five years. The S&P/TSX composite index dropped 435.51 points to 7,687.51, its lowest point since the fall of 2003.

However, Canada was better off than other industrialized nations. The U.S. economy shrank by 6.2 per cent, Europe was down roughly six per cent, Japan was down 12.7 per cent and Mexico's economic output declined by more than 10 per cent.

TORSTAR NEWS SERVICE

Business in brief

SPENDING U.S. consumer spending rebounded in January, snapping six months of declines, and incomes rose unexpectedly, boosted by salary increases for government employees, a U.S. government report showed yesterday. But the gains in January are likely to be temporary as wages and salaries continue to fall amid a deepening recession.
The Commerce Department said spending rose 0.6 per cent, the largest increase since May, after falling an unrevised one per cent in December, and beating economists' expectations for a 0.4 percent advance.
REUTERS

New bailout as AIG posts record loss

INSURANCE American International Group Inc. posted a record $61.7-billion US quarterly loss yesterday and got a new, but not necessarily final, government bailout after officials concluded again that letting the insurer fail would threaten the world financial system.

AIG will get access to up to $30 billion of new capital, after getting a commitment for $150 billion in aid last year that gave the government a stake of nearly 80 per cent.

The latest bailout avoids, for now, any crippling credit rating downgrades that could force AIG to come up with billions of dollars it might not have.

REUTERS

Real estate **New settlement**

AMMAR AWAD/REUTERS

A sign advertising apartments for sale is displayed at a construction site in the West Bank Jewish settlement of Maale Adumim near Jerusalem yesterday. Israeli authorities have made plans for 73,000 new housing units in Jewish settlements in the occupied West Bank, although only a fraction of the proposals has been approved, an anti-settlement group said.

Nortel sees losses double

WRITEDOWNS Ailing telecom-equipment maker Nortel Networks Corp., now operating in bankruptcy protection, said yesterday its quarterly loss more than doubled as it booked over $2 billion US in noncash writedowns and saw its sales plunge.

Nortel, North America's biggest maker of telephone equipment, said it lost $2.14 billion, or $4.28 a share, in the three months ended Dec 31. That was worse than the loss of $844 million, or $1.70 a share, a year earlier.

The Toronto-based company said revenue dropped 15 percent to $2.72 billion.

Nortel said its results included a $1.24 billion goodwill writedown, as well as a writedown of $951 million to reduce its deferred tax asset.
REUTERS

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Your Money

EDITOR: NINA.DRAGICEVIC@METRONEWS.CA

On the web

Columnists:

- Henry Choo Chong explains the difference between tax credits and tax deduction in his Money Matters column. Visit metronews.ca
- Allan Small looks into interest changes in his Investment Perspective column, exclusively online at metronews.ca

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Be on guard against fraud

One of the least exciting purchases made by a Smart Cookie would have to be a paper shredder. However, it could also be said to be one of the smartest.

Sandra decided a shredder was a necessity after her mail went missing, her credit card was stolen and a note popped up in her apartment building elevator warning residents of identity theft.

Thankfully, she didn't have to deal with identity theft, but the thought of having someone steal her personal information and using it to commit fraud, potentially destroying her credit score and costing her time and money to correct the fraud and rebuild her financial picture, was enough for her (and the rest of us) to implement these Smart Cookie procedures.

It's no secret that we like to price compare and purchase online, so if you're purchasing an item online, make sure that the site is secure. The address should have the prefix "https" and show a padlock.

It's advised that online passwords (or any password that protects financial information) be switched up every few months. But we think as long as you are selecting a tight password (translation, don't use your birthday or your partner's pet name), then you should be OK.

You should, however, use different passwords for your credit card and banking info. That way, for example, your banking info will be protected if for some reason someone had your credit card pin.

If you happen to be shopping in-store, shield the debit machine while entering your code. Yes, be that person! It's better to protective than footloose and fancy free when it comes to your cards and your pin numbers.

Also, clean out your wallet so that only the personal information and credit cards you actually need and use regularly are kept with you. Otherwise, keep the important cards with the important numbers at home in a safe place.

At least once a year, it is also good idea to get a copy of your credit report. If you mail in your application you can receive your score for free. That way you can see if there have been any inaccuracies within the past year that you may have missed. Check out smartcookies.com for the application and more on obtaining your credit score.

And if you have bills mailed to you, keep track of when your bills and bank statements arrive (they should arrive around the same time every month.) If they are late, check with the companies immediately to find out the reason for the delay.

And never throw your documents into the recycle bin. Rip or shred the documents that contain personal information. If you don't have a shredder then perhaps it's time to add this to the 'oh so boring but necessary' shopping list.

Fraud Prevention Month

Tune in Monday nights at 10:30 p.m. EST/PST on the W Network and be sure to visit smartcookies.com for more tips.

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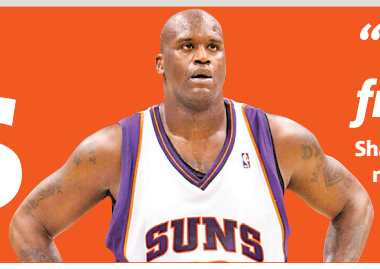
Quartet of Canadians up for NCAA honour
Four Canadians — Sarah Vaillancourt, Meghan Agosta, Rebecca Johnston and Jennifer Wakefield were among the finalists named yesterday for the Patty Kazmaier Award, which goes to the top female hockey player in U.S. college hockey. METRO NEWS SERVICES

Sports



"That's strong words coming from the RuPaul of big men"

Shaquille O'Neal to the Arizona Republic, responding to comments Chris Bosh made alleging that O'Neal benefited from referees ignoring his three-second violations in the lane during Friday's 133-113 Phoenix victory over Toronto. Shaq scored 45 points in the game. METRO NEWS SERVICES

EDITOR: JOHN.CHICK@METRONEWS.CA

He's been everywhere, man

'Suitcase' Sillinger no stranger to NHL trade deadline day

PERRY LEFKO
for Metro Canada

New York Islanders forward Mike Sillinger has played 18 years in the National Hockey League and has more than 1,000 games to his credit, but he is known mostly for the number of times he's been traded.

Sillinger, who has missed most of this season because of his second hip operation in two years, has played for an NHL-record 12 teams.

He has been traded nine times — an NHL record he shares with Brent Ashton — including five times at deadline day. Along the way he has been nicknamed Suitcase, something he's come to accept.

"I just kind of chuckle about it," he said in a phone interview in advance of this year's trade deadline tomorrow.

"It's one of those things that I'm very proud to have played 18 years in the National Hockey League. It's been an honour and a privilege to play as long as I have. Pretty much call me what you want because there's a lot of people out there that would want to be in my shoes."

A first-round draft pick of Detroit in 1989 after a four-year junior career with the Regina Pats of the Western Hockey League, Sillinger experienced his first trade midway through the 1994-'95 season when dealt to Anaheim. Since then he has played with Vancouver, Philadelphia, Tampa, Florida, Ottawa, Columbus, Phoenix, St. Louis, Nashville and the Islanders.

In some cases he happened to be traded from a non-playoff team to a playoff team, only to have it work out the wrong way.

"I've had a lot of first-round exits," he laughed.

Sillinger said there are pros and cons to being traded.

"Regardless of whether you're having a good year or a bad year, you have to be positive with it," he said. "You can't sit there and hang your head. You have to look at it as a fresh start and a chance to move forward. It's a chance to say another team wants you.

"The worst thing is just picking up and leaving all the friends you have on the team and the neighbours you meet. You just kind of pick up and leave your wife and kids behind.

"That's kind of the saddest thing because you're not quite sure when you're going to see them again.

"Eventually you'll hook up, but that all has to be planned."

He credits his wife Karla for keeping the family together — they have boys aged 11, eight and five — during the upheavals caused by the trades.

"It's a whirlwind," he said. "I'm thankful for a very understanding wife. She's the calming person in the family."

By the numbers

9 Number of times Mike Sillinger has been traded

5 Number of times Sillinger has been traded on NHL trade deadline day

Sports in brief

MLB Toronto Blue Jays closer B.J. Ryan became the latest player to pull out of the World Baseball Classic, further depleting Team USA's quality relievers. Ryan yesterday cited concerns about his mechanics and became the third relief pitcher in the last 24 hours to announce that he will miss at least the first round of the tournament. Minnesota's Joe Nathan pulled out entirely on Sunday, while Angels closer Brian Fuentes said he will miss the first set of games.

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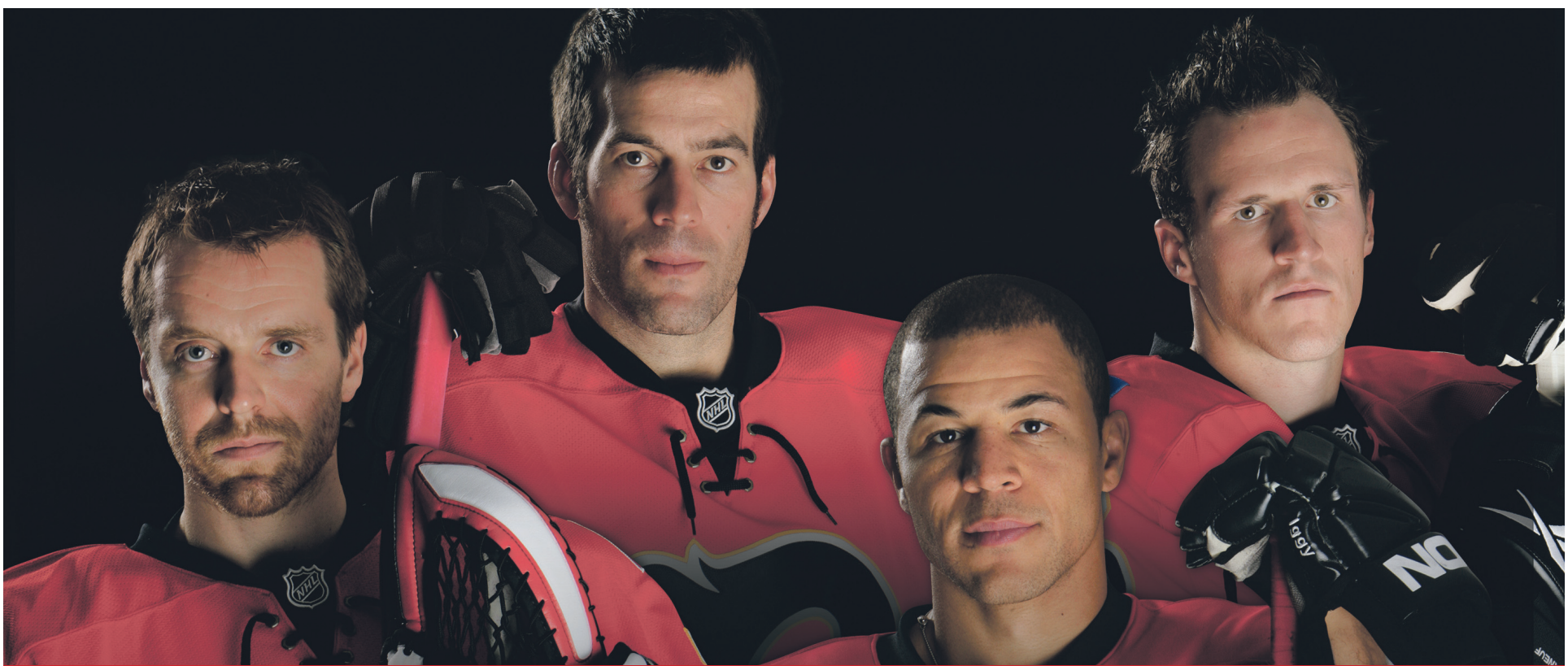

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Opportunity knocks
The City of Calgary's Volunteer Ranger Program needs community-minded volunteers who value nature, love being outdoors and practise responsible use of parks and pathways. Volunteers from different backgrounds and all levels of experience welcome. For more, contact the City of Calgary at 3-1-1. **METRO NEWS SERVICES**

Community Spirit

SPECIAL FEATURES EDITOR: STEPHANIE.BOMBA@METRONEWS.CA

Sector has its own code

The volunteer sector has its own version of the Hippocratic Oath when it comes to standards of behaviour. The Canadian Code of Volunteer Involvement outlines three elements:

- **Values.** Volunteer involvement benefits the volunteer, the organization and society.
- **Guiding principles.** Volunteers have both rights and responsibilities.
- **Organizational standards.** Organizations should consider 12 standards when developing or reviewing volunteer involvement. These range from program administration to recognition.

The Volunteer Canada website currently lists almost 200 organizations across the country that have adopted the code, which can be found at volunteer.ca. — EVA LAM

Generosity no trick

CANDICE WARD
for Metro Canada

Honour roll student Sarah Eccleston began volunteering in the first grade.

Back then, the now 15-year-old ran lemonade and hot chocolate stands, donating the proceeds to the local humane society.

"Volunteering is really important to me and I feel like I can make a difference," says Eccelston, one of the nominees up for Volunteer Calgary's Leader of Tomorrow Award.

With National Volunteer Week approaching next month, Volunteer Calgary will celebrate the contributions of the city's volunteers in hopes of promoting the value of volunteerism.

"The volunteers in our city are one of our biggest assets," says Karen Franco, director of communications for Volunteer Calgary. "The volunteer spirit is one of the things that makes us unique."

The spirit of volunteering has remained strong in Eccleston as she is still actively involved in helping out at her school, church and local rec centre.

"If people did not volunteer, a lot of things could not be done, so it is important to volunteer so that they can be," Eccleston says.

Another nominee for the Leader of Tomorrow Award — which recognizes the achievements of some of the city's younger volunteers in three different categories: Elementary, junior and senior high — is Dustin Allen, 14. He uses magic to mystify and entertain children at Between Friends, a charitable organization that provides recreational and social programs for people of all ages with disabilities.

"I feel like I can make a difference."
Sarah Eccleston, 15

"It is something that is fun to do and it entertains people," Allen says.

Although he is not performing any death-defying tricks like his role model Criss Angel, Allen loves that his skill is bringing joy to others.

"Without it, those children would not have anything to do," says Allen, who also volunteers for other organizations as well as for his church.

"We get some amazing young people who are doing some wonderful things," says Franco.

Volunteers like Eccleston and Allen will be recognized for all their hard work at the 13th Annual Leadership Awards gala held at the Round-up Centre on April 16. Tickets are available at volunteercalgary.ab.ca.

CANDICE WARD/FOR METRO CANADA

Dustin Allen, 14, shows off some of the magical skills that earned him a nomination for the Leader of Tomorrow Award.

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Health & Beauty

EDITOR: ANN-MARIE.COLACINO@METRONEWS.CA

Get fit on the cheap

Opt for household items and inexpensive resistance tools

PATRICIA D'CUNHA
for Metro Canada

Riding the **Recession**

Dancing in the streets may be the frugal way to get a workout, given these tough economic times.

But luckily there are many other ways to stay in shape and maintain an active lifestyle without emptying the wallet.

"Getting active doesn't require a big investment of time or money," says Kelly Murumets, CEO and president of ParticipACTION, a non-profit organization that encourages healthy, active living among Canadians. "Simple activities, like doing errands on foot, walking your dog or taking the stairs, can make a big difference in your health."

Murumets says that walking is one of the cheapest and easiest ways to stay active, whether it is walking to work, the grocery store, the subway, or up and down the stairs. "You don't need a budget to get active — you just need to get moving," she said.

She says there are simple things people can do to stay active on a budget, such as dancing in the living room, doing yoga, playing soccer with family and friends, lifting loads of laundry, tobogganing, shoveling snow or even cleaning the house, to name a few.

Cardio activities are not the only things needed to stay in shape — core muscles groups also need to be worked, and going to a gym is not the only way to increase strength. "You (don't) need to spend a lot of money on fancy gadgets or the latest technology to keep it interesting. There are many household items you can use to make sure you keep moving," says trainer Ivy Lim, owner of iPower Train Fitness. She suggests using a countertop, a bench or two chairs to do triceps work, or taking two large cans from the pantry and trying bicep curls.

There are also some simple and inexpensive things you can buy to help with working those core groups. Lim recommends tubing or exercise bands as resistant tools. "They come in different lengths and tension, so you can use them for all your major muscle groups," she says, as well as a stability ball, which can be used for abs, legs and arms.

If you despise exercising solo, there is a solution. Lim says to find a power-walking pal or a running/walking /sporting team in your neighbourhood.

The essentials

Kelly Murumets, CEO and President of ParticipACTION, recommends these inexpensive exercise tools and gear:

- *Endurance*: invest in running shoes for walks, runs and bike rides.
- *Flexibility:* yoga mat and favourite music to dance or stretch to.
- *Strengthening:* light weights, dumbbells, medicine ball and surgical tubing.

PATRICIA D'CUNHA/ FOR METRO NEWS CANADA

Right: Trainer Ivy Lim, owner of iPower Train Fitness, demonstrates a bicep curl using a resistance band.

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Bateman Up In The Air

Arrested Development star Jason Bateman and Juno director Jason Reitman are teaming up for the new movie, Up In The Air. Bateman will play the boss of George Clooney's character, a corporate downsizer who becomes obsessed with collecting a million frequent flier miles. **EMPIREONLINE.COM**

Entertainment

Pitt perfect

U2 wants Brad Pitt to star in a movie about their lives. Guitarist The Edge thinks the Hollywood hunk would be the perfect person to portray him in a film about the Irish group. FEMALEFIRST.CO.UK

EDITOR: DEAN.LISK@METRONEWS.CA

U2 not afraid to cross the line

BRYAN BORZYKOWSKI
for Metro Canada

When Bono told Rolling Stone in January that U2's new album, No Line On the Horizon, "tapped into our interest in electronic music" you could almost hear millions of fans nervously grinding their teeth. After all, the last time the group jumped headfirst into electronica they produced Zooropa and Pop, two albums that many followers would like to forget.

While a lot of people hoped Bono was kidding, now that the album's out, they can hear firsthand that he wasn't. To put it simply, picture what Pop would sound like if it mated with How to Dismantle an Atomic Bomb — there are giant riff rockers on the single Get on Your Boots, and some very un-U2-like electro synth during the intro of Magnificent.

If the band's past is any indication, there's no doubt plenty of fans will be turned off by the group's experimental tendencies. Although people flocked to the keyboard-heavy Achtung Baby, U2's supporters scratched their heads at Zooropa and pretty much abandoned the group when they released the middling Pop.

It took a return to their sweeping Joshua Tree-like melodies with All That You Can't Leave Behind in 2000 to bring back the masses, eventually allowing the foursome to reclaim their "best band in the world" status.

Will things be different this time? Only time will tell, but let's hope for U2's sake that they don't.

If anything, Bono, The Edge, Larry Mullen Jr. and Adam Clayton should be embraced for pushing their musical boundaries. Sure, it's not a complete makeover, Edge's trademark delay guitar is here, so is Bono's passionate, over-the-top crooning, but at least they're finally smart enough to realize that while a classic sounding album will sell 10 million copies, that's worthless if they can't keep themselves creatively inspired.

Imagine for a minute if U2's fans stayed on the bandwagon during the '90s. The group might not have produced Elevation or Vertigo; rather they'd be on the cutting edge of experimental music, possibly even mentioned in the same breath as Radiohead.

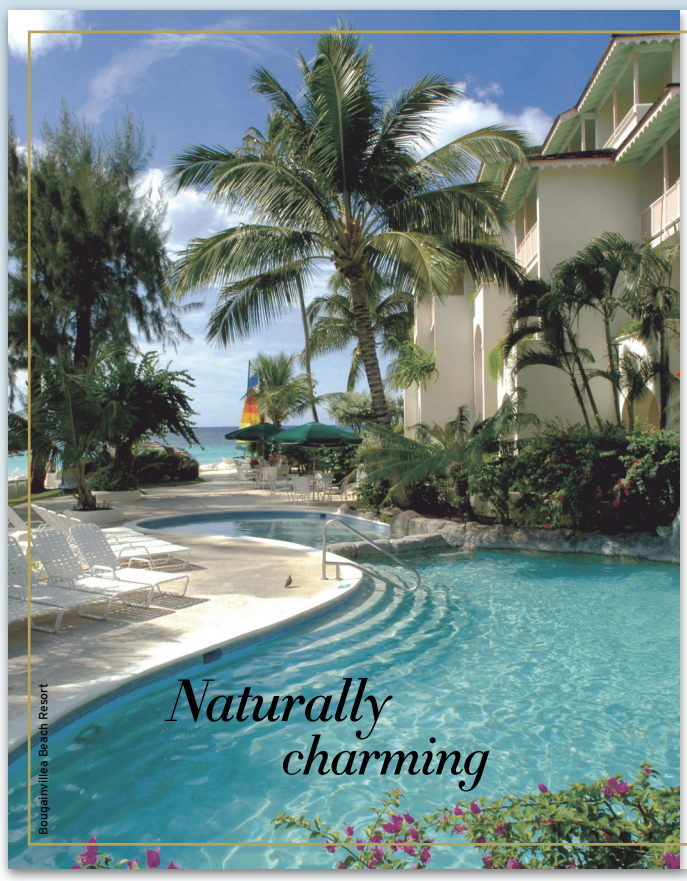
Yeah, that's likely a stretch, but if their admirers had allowed them to keep reinventing themselves they'd be a far more intriguing band.

So, U2 might have been set back a couple decades, but it's time to let the band do what they want. The group will be that much better if they're free to experiment.

However, just because they're feeling adventurous here, doesn't mean we should let them off the hook if their tunes are terrible. Go nuts, throw in a theremin solo or some minimalist ambient tones on your next disc — the only thing U2 owes to their fans is that whatever they're going to do, they do it well.

U2's Adam Clayton, left, The Edge, Bono and Larry Mullen, Jr. GETTY IMAGES

AIR CANADA VACATIONS



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Real teen drama

RAFAEL BRUSILOW
for Metro Canada

High-octane fun and fear-defying challenges are all in a day's work for the adventurous tweens on In Real Life, Canada's newest reality show.

Hosted by young Canadian comic Sabrina Jalees, the show puts kids from across Canada between the ages of 12 and 14 into the driver's seat of a whirlwind competition where each week they have to conquer an exciting "real life" challenge that tests their mettle. With challenges strategically set across all of North America, it's like an Amazing Race for bright, resourceful kids.

The first two episodes have contestants racing cars and wrestling with alligators while later episodes have kids jumping out of a helicopter into a river and doing barrel rolls in a Russian fighter jet. It's all safe and carefully monitored by support staff of course, but still no small feat for a group of young teens who've hardly been away from home in their lives.

For 14-year-old Ruby-Rae Rogawski from Fort Langley, B.C., being on the show was a life-changing adventure.

"It was so amazing, just the things we got to do and the experiences we got to have. I had a blast," she said.

Rogawski says the experience of doing unique challenges and dealing with setbacks taught her a lot about herself.

"I think I've just learned to live with myself and realize that even though some things are going to go wrong it's all about picking yourself up afterwards," Rogawski said.

Jaicyea Smith, 14, from Toronto found the best part of the show was trying out different jobs, no matter how wacky or difficult.

"I learned so much. You get to experiment with different career options and it'll definitely guide me in what I decide to do," Smith said.

Teamwork was a big factor and those teams which learned to work together found greater success, Jalees said.

Seeing the kids conquer challenge after challenge was inspiring for Jalees and demonstrated just how determined they were.

"They were doing challenges that were things kids have probably never done. I think a lot of the kids really grew up and became more confident," she said.

In Real Life host Sabrina Jalees.

Show time

- In Real Life premieres tomorrow at 7 p.m. ET/PT on YTV.

Silverman show under threat

TV The economic downturn is jeopardizing The Sarah Silverman Program, one of Comedy Central's signature series. The show's creators — Silverman, Dan Harmon and Rob Schrab — have threatened to quit after the cable network told them the budget for their series would be slashed by more than 20 per cent. REUTERS

In brief

PILOTS Former TV leading ladies Alyssa Milano (Charmed) and Kim Raver (Lipstick Jungle) are back with lead roles in ABC pilots. Milano will play a successful lawyer and single mother in an untitled comedy. Raver will star in the drama Inside the Box, which is set at a news network's Washington bureau. REUTERS

GlobalStyle

Kenya Hunt

Read Milan Fashion Week reviews, exclusively at metronews.ca/globalstyle

For complete online movie listings, trailers, reviews and tickets, visit:
metronews.ca/movies

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CA	Vu	SC		7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
3/3/09	267	351	- ACCESS	Truth, Duty, Valour		Without a Trace (HDTV)		Reaper (N)		Law & Order		Truth, Duty
	243	317	3 CFCN	etalk	Hollywood	Law & Order: SVU		American Idol (HDTV) Semifinalists perform.				News (N)
	-	-	4 OMNI	Two/Half Men	The Simpsons	News		News		The Simpsons	King	Metropia
	-	371	5 KXLY	4 News at 6	4 News at 6:30	Entertainment	The Insider (N)	Homeland Security USA		Scrubs	Scrubs	The Bachelor
	245	306	6 CBRT	Coronation St.	Jeopardy! (N)	Rick Mercer	22 Minutes	Wild Roses (N) (DVS)		CBC News: The National		The Hour
	244	338	7 CICT	ET Canada	Entertainment	90210 (HDTV)		NCIS "Capitol Offense"		Project Runway Canada		News Hour
	246	-	8 CKAL	Law & Order: SVU		The Bachelor (N)		Privileged		Scrubs	Scrubs	Your City
	119	705	9 CBXFT	Virginie (SC)	La Facture	Providence (HDTV) (SC)		Roxy (SC)	Grosse vie	Le Téléjournal et Les Nou		TJ Alberta
	-	-	10 SHAW	(6) Local Programming						Local Programming		
	-	372	12 KREM	News (N)	Hollywood	The Doctors		NCIS "Capitol Offense"		The Mentalist (HDTV)		Without Trace
	-	374	14 KSPS	NewsHour With Jim Lehrer		The Brain Fitness Program			Heart Healthy Yoga: Yoga	Carnegie Hall		Independent
	502	390	15 CBC	CBC News: The National		Everybody Has a Soul		CBC News: The National		CBC News: The National		Soul
	-	370	16 KHQ	College Basketball USC Upstate at Gonzaga. (Live)				The Biggest Loser (N)				Law/Ord SVU
	-	373	22 KAYU	The Simpsons	Raymond	Two/Half Men	Two/Half Men	American Idol (HDTV) Semifinalists perform.				News (N)
	297	652	37 WPIX	90210 (HDTV)		PIX News at Ten Tong.		Two/Half Men	Friends	Sex and-City	According-Jim	Frasier
news	500	500	29 CNN	Larry King Live		Anderson Cooper 360 (HDTV)				Larry King Live		Cooper 360
	508	502	31 CNN2	Lou Dobbs Tonight		Nancy Grace		Showbiz Tonight		Lou Dobbs Tonight		Nancy Grace
sports	400	400	21 TSN	NHL Hockey		SportsCentre (HDTV) (Live)			In This Corner	Boxing Andre Berto vs. Luis Collazo.		
	408	418	27 net	NHL Hockey: Oilers at Predators			Sportsnet Con.	Hockey Central	Flames Week	Sportsnet Connected		Oilers in Hour
	410	403	30 SCORE	(5:30) Court Surfing		Score Tonight		Hardcore Hockey Talk		Poker 888.com UK Open.		Final Score
	411	457	44 OLN	Mantracker		Bounty Hunter	Bounty Hunter	Survivorman		Mantracker		Bounty Hunter
	417	406	48 SPEED	Super Bikes!	Super Bikes!	Hot Import	Hot Import	Pimp My Ride	Pass Time	Low Life	Low Life	Super Bikes!
family	552	543	20 YTV	Drake & Josh	iCarly	Adrenaline Proj	Prank Patrol	Malcolm-Mid.	Futurama	Prank Patrol	Prank Patrol	Falcon Beach
	557	541	39 FAM	Zoey 101	Life Derek	Wizards-Place	Han. Montana	The Suite Life	Latest Buzz	Wizards-Place	Life Derek	Ned's School
	555	545	67 TOON	Ben 10: Alien	Johnny Test	Totally Spies	Total Drama	6TEEN	6TEEN	Futurama	American Dad	Robot Chicken
cable variety	575	583	11 CMT	Reba	Reba	Hope & Faith	Hope & Faith	Three Wishes		Home Improve.	Home Improve.	Reba
	553	546	17 TREE	Little Bear	Maggie-Beast	Comfy Couch	Zigby	Max & Ruby	Babar	Backyardigans	Dora-Explorer	Go, Diego, Go!
	-	-	18 CHTV	The Insider (N)	E! News	Ruby	Kimora-Fab	The Biggest Loser (N)				News (N)
	505	398	19 TWN	(5) EarthWatch One		EarthWatch One		EarthWatch Two				
	602	568	23 W	Style by Jury	Style by Jury	Will & Grace	Friends	How to Look Good Naked		Style by Jury	Style by Jury	Good Naked
	521	560	24 TLC	18 Kids-Count	17 Kids-Count	Toddlers & Tiaras (N)		17 Kids-Count	17 Kids-Count	18 Kids-Count	17 Kids-Count	Toddler-Tiara
	603	561	25 FOOD	The F Word		Good Eats	Good Eats	Iron Chef America		Challenge "Fire & Ice"		The F Word
	615	520	26 A&E	The First 48 (HDTV)		Manhunters	Manhunters	Manhunters	Manhunters	The First 48 (HDTV)		The First 48
	617	522	32 SHOW	Wife Swap		The Outer Limits		Mutant X "Lit Fuse"		Testees	Trailer Park	The L Word
	601	562	33 SLICE	Rich Bride, Poor Bride		End of Leash	End of Leash	ET Canada	Matchmaker	Trinny and Susannah Undress		Trading Sp
	-	633	34 ENC2	*Village*	(7:20) *Beyond Redemption* ★★ (1999)			*The Devil's Advocate* ★★ (1997, Suspense) Keanu Reeves, Al Pacino.				
	520	505	35 DISC	Destroyed	Time Warp	Extreme Loggers (N)		Daily Planet		Destroyed	Time Warp	Ext. Loggers
	620	523	36 BRAVO	Scotty Moore & Friends: A Tribute to the King				Law & Order		Without a Trace		*Morvern Callar*
	294	650	40 WPCH	(6) *The Ice Harvest*		Steve Harvey	Seinfeld	Family Guy	Family Guy	*The Ice Harvest* (2005, Comedy-Drama)		
	626	547	41 COM	Laughs	Comedy Now	Air Farce	Just for Laughs		Corner Gas	The Simpsons	South Park	S. Silverman
	-	539	42 TCM	(6) *The Rainmaker*		(8:15) *The Hurricane* ★★★ (1937, Adventure), Jon Hall				(10:15) *Key Largo* ★★★ (1948) (DVS)		
	628	584	43 SPIKE	Ultimate Knockouts 2		DEA (HDTV) (N)		Real Vice	Real Vice	CSI: NY "Sweet 16"		Disorderly
	522	516	45 HIST	Crime Stories		NCIS		Ultimate Engineering		Crime Stories		NCIS
	627	528	46 SPACE	Star Trek: Voyager		Destination Truth (N)		Stargate SG-1		Star Trek: Next Gener.		Trek: Voyager
	-	-	47 AMC	(6) *Thelma & Louise* ★★★ (1991, Drama), Harvey Keitel				*Working Girl* ★★★ (1988, Romance-Comedy) Melanie Griffith.				
	619	525	49 TROP	What Happen?	What Happen?	Planet Soap	Big Screen	Family Guy	Seinfeld	Seinfeld	Raymond	Family Guy
	600	564	50 HGTV	Sarah's House	Design Inc.	Colin & Justin's Home Heist		Holmes on Homes		Sarah's House	Design Inc.	Pure Design
	501	391	52 CTV	CTV Newsnet		News	CTV Newsnet	News	CTV Newsnet	News	CTV Newsnet	News
	504	508	70 BNN	Squeeze Play		Market Call		Headline	Market Call	Commodities	Business News	Squeeze Play
	526	507	92 VIVA	The West Wing		Encounters	In Dreams	Psychic Inv.	Encounters	Judging Amy		Commander
	269	350	93 APTN	Wings-Canada	Storytellers	Wapos Bay	Cashing In (N)	Fish Out	Mixed Blessing	Caution: Nuts	Rabbit Fall	Moccasin Flats
	-	-	94 MCP	(6:30) News	News	Eight Heroes	Mom's-Upset	Il Caffe		In Germany	Euromaxx	Schauplatz
	571	581	100 MMM	Gene Simmons	Gene Simmons	Gene Simmons	Gene Simmons	Listed		Party of Five "What If..."		Gene Simmons
	570	580	101 MM	Paris Hilton's British Friend		Degrassi: TNG	Instant Star	The Shift		Redemption	Redemption	Technical Diff.
	581	566	102 MTV	From G's to Gents		From G's to Gents (N)		MTV Live	After	The Girls of Hedsor Hall		G's to Gents

critics' corner

Cashing In
It's "Las Vegas" on the rez. This new comedy-drama series follows the lives and loves of folks at a First Nations casino in southern Manitoba. New owners have ambitious plans for the facility — plans that aren't shared by the locals. Eric Schweig, Glen Gould, Wesley French and Sarah Podemski lead the cast. 8:30 PM on APTN

Live at the Rehearsal Hall
Catch the Newfoundland musical phenom in this episode from 2005. As always, the band wows the crowd with its energetic interpretations of traditional Canadian folk music mixed with original material. The members also chat with host Lance Chilton about their music and their relationship with actor Russell Crowe. 6 PM on BRAVO

The Biggest Loser
Chef Rocco DiSpirito takes contestants to a restaurant, where they learn to make healthier choices when dining out. Later, the "losers" compete in a cook-off, preparing healthier versions of their favorite meals, with the winning team getting a meal specially prepared by Rocco as well as a chance to pick a fortune cookie with something valuable inside. 9 PM on CHTV KHQ

Age a factor in Brown-Rihanna fiasco: Mekhi

Chris Brown's friend Mekhi Phifer says no matter what happens between Brown and Rihanna, he told E! online he wishes "them both the best." He also added he thinks Brown's age, 19, was a big factor in what went down between the two singers. METRO NEWS SERVICES

Celebrity Buzz

Marley promo's gone to the dogs

PEOPLE It's amazing the lengths some stars will go to promote a movie.

Jennifer Aniston and Owen Wilson appeared on Germen TV talk show Wetten Das to plug their hit dog movie Marley & Me. The show's host had some interesting canine-themed activities planned for the stars, including eating dog biscuits.

"They're a little dry," Aniston said, grimacing.

METRO NEWS SERVICES

Amy's back in the U.K.

PEOPLE Amy Winehouse is back in the U.K. — with an old hairstyle and a new life, people.com reports.

The singer, 25, arrived early Sunday, sporting her trademark beehive, which replaced the curly mop she had worn during her near three-month extended vacation on the Caribbean island of St Lucia.

And while the hair was back, she has a fresh start ahead of her. After arriving, Winehouse received a tour of her new home on the northern outskirts of London by her father Mitch, and they spent the afternoon watching a soccer game, the website reports.

"As she said when she got back, 'I love London more than anyone else,'" a source tells People. "She missed London. She's fine."

But there is also the issue of her marriage to sort out, as estranged husband Blake Fielder-Civil, who was freed from jail last week, moved toward divorce in January.

Winehouse has said she's determined not to let Fielder-Civil divorce her, but a source close to him vows to People that it will go forward. Her rep, Chris Goodman, has heard nothing official on the possible split. METRO NEWS SERVICES

Lindsay's death wish?

PEOPLE The people closest to Lindsay Lohan are apparently worried sick over recent alleged confessions by the starlet that she doesn't expect to live past her 30th birthday.

"She's said many times that she never wants to live too far past 30 because she doesn't want to get old and ugly," a Lohan friend tells Star magazine.

"She's always wanted to die young like her idol, Marilyn Monroe."

And what's worse, "Lindsay just doesn't seem to be bothered by the fact that she'll die," another friend tells the magazine.

METRO NEWS SERVICES

Beyoncé's messy habits

PEOPLE Beyoncé Knowles has revealed that she is constantly annoying her rapper husband Jay-Z, because of her mess she leaves lying around in their Manhattan apartment, femalefirst.co.uk reports.

"When I get home, I rebel against (looking put together) and I don't want to take care of anything. I drop it. I'm relaxed," she tells Ebony magazine. "I don't have any shoes on. No make-up. My purse is in the kitchen.

"I think that is most difficult thing for him. He's very, very organized."

METRO NEWS SERVICES

All in the Madden family

FAMILY They are twins who "share everything," but Benji Madden says he and his brother lead different lives, people.com reports.

Two weeks after Joel and Nicole Richie announced that they're expecting baby No. 2, the "single" twin says he's ready to be an uncle again, to "the best parents I've ever seen."

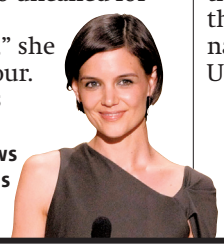
But he doesn't rule out being a father in the future: "I absolutely want kids when the time is right and I have the right partner."

METRO NEWS SERVICES

'Enough is enough': Katie on rumours

PEOPLE Katie Holmes is finally opening up about how some of the rumours about her life with husband Tom Cruise and their daughter, Suri, affected her.

"It was so uncalled for and so disgusting," she told Glamour. "Enough is enough."



METRO NEWS SERVICES

Madonna's payback

PEOPLE Madonna was turning heads over the weekend by parading 22-year-old Brazilian male model Jesus Luz around New York for romantic dates and a Kabbalah visit.

"She loves showing her ex that she can still get the youngest, hottest thing out there," a Madonna pal tells Us Weekly.

METRO NEWS SERVICES

TSX 60 / NYSE

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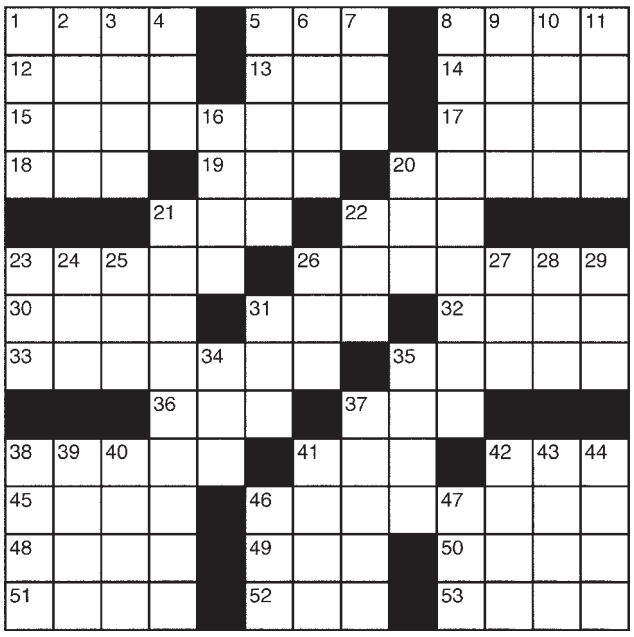
Today Clouds, snow 1 C / -5 C
Wednesday Clouds, snow 3 C / -7 C
Thursday Mostly cloudy -4 C / -8 C

BT BREAKFAST TELEVISION

Andrew Schultz, Weather Specialist – Breakfast Television
"I get to spread the word on how your day, evening or weekend will shape up with our ever-changing weather here in Alberta." **WEEKDAYS AT 6 A.M.**

Take Five



Crossword across

1 Harvest
5 Crafty
8 One of Henry VIII's Catherines
12 Shrek is one
13 Go like the wind
14 Hodgepodge
15 French fries, e.g.
17 Turnpike payment
18 Curvy letter
19 Sceptre
20 Relieve
21 Trench
22 Sticky stuff
23 Take ten
26 Baby food
30 Blueprint
31 The whole shooting match
32 Nevada city
33 Whodunit
35 Make pigtails
36 Sphere
37 Luau staple
38 O'Neill's specialty
41 Columnist Smith
42 Energy
45 Hindu royal
46 Grand view
48 Teensy bit
49 Superlative ending
50 Rainbow
51 Kelly or Rayburn
52 Personal question?
53 Prohibits

Crossword down

1 "Clue" weapon
2 Ids' counterparts
3 The "A" in "A&E"
4 Pod occupant
5 "Phooey!"
6 Told a big one
7 "Of course"
8 A little of everything, on "Jeopardy!"
9 Burn soother
10 Streamlet
11 Somersault
16 Silly Rabbit's desired cereal
20 Weep loudly
21 Marceau forte
22 Cowboy's sweetie
23 Spinning meas.
24 Tarzan portrayer Ron
25 Part of UNLV
26 Thickness
27 Meadow
28 Half of bi-
29 Chic, to Austin Powers
31 Wall St. wheeler-dealer
34 Mound stat
35 Long-popular clown
37 Mottled pony
38 Party pooper
39 Assess
40 In due time
41 Whip
42 Brazilian rubber
43 Eastern potentate
44 Just say no
46 Church seat
47 Eve, originally

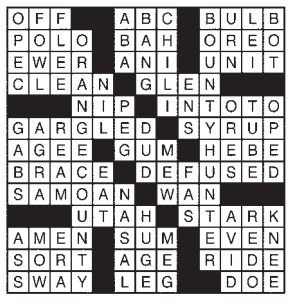
Sudoku

For more/less challenging Sudoku puzzles, visit metronews.ca

HOW TO PLAY: Digits 1 through 9 will appear once in each zone – one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.

6			7		5			
9	2						5	7
	7			9		6		
	4		1	3				2
		2				1		
1				4	9		6	
		3		2			7	
7	1						4	8
			6		4			5

PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:



3	7	2	6	9	4	5	1	8
5	9	6	1	8	7	4	3	2
4	1	8	2	5	3	7	9	6
2	5	3	7	6	1	8	4	9
9	4	1	3	2	8	6	5	7
8	6	7	9	4	5	1	2	3
7	3	9	4	1	6	2	8	5
1	2	5	8	7	9	3	6	4
6	8	4	5	3	2	9	7	1

Find today's answers + play more games at metronews.ca

SUDOKU SOLVE TIME:
Under 13 min .....Genius
13-17 min.....Scholar
17-21 min .....Smart
21-25 min .....Not bad
25+ min.....Keep practising

Metro Recipe of the Day

Sweet and Sour Vegetable with Tuna

INGREDIENTS:
2 6 1/3 oz (180 g) tuna steaks
2 tsp (20 ml) olive oil
freshly ground black pepper
100 ml vegetable stock
1/4 cup (50 ml) orange juice
2 tbsp (25 ml) red wine vinegar
2 tbsp (25 ml) dry sherry
1 tbsp (15 ml) soy sauce
1 tbsp (15 ml) tomato paste
1 garlic clove, finely chopped
1-in. (2.5-cm) piece fresh ginger, peeled and chopped
1 tbsp (15 ml) brown sugar
1 tbsp (15 ml) corn flour, mixed with 1 1/2 tbsp (20 ml) water
1 1/2 tbsp (20 ml) Canola oil
2 carrots, peeled and thinly sliced
2 red peppers, seeded and thinly sliced
20 snow peas, halved
fresh coriander leaves

METHOD:
1. Brush both sides of tuna steaks with olive oil, then sprinkle with freshly ground black pepper. Put steaks on plate and set aside while you prepare sauce and vegetables.
2. For sweet and sour sauce, pour vegetable stock, orange juice, red wine vinegar, sherry and soy sauce into small pot, then add tomato paste, garlic, ginger and sugar and stir to mix. Slowly bring liquid to boil, stirring often until sugar has dissolved, then simmer 2–3 minutes.
3. Stir corn flour paste into hot sauce and keep stirring continuously over low heat until sauce has thickened. Remove from heat.
4. Heat cast-iron grill pan or non-stick frying pan over a moderately high heat. Add tuna steaks and cook for 2-3 minutes per side until just tender.
5. Meanwhile, heat Canola oil in wok or large frying pan over moderate heat. Add carrots and stir-fry 30 seconds, then add peppers. Cook 1 minute, then toss in snow peas. Continue stir-frying 1-2 minutes, or until all vegetables are cooked but crunchy.
6. Pour in sweet and sour sauce, bring liquid to boil and toss everything together until vegetables are coated.
7. Use fork to flake the tuna into large, bite-sized pieces. Add tuna pieces to wok and toss all ingredients thoroughly. Serve while hot. If you like, garnish with some fresh coriander leaves.

SERVES 4

rd.ca
For nutritional information on this and other great recipes, go to **rd.ca** or check out **Key Ingredients in this month's Reader's Digest, on newsstands now!**

Horoscopes

AVATAR VENUS

ARIES
MARCH 21-APRIL 20
A social butterfly will try to give you hope. Mercy is shown when you're passionate about justice. A friend has regrets about a tricky situation.

TAURUS
APRIL 21-MAY 21
A woman is crying out for a goofy relationship. A mushy person benefits from poignant memories. Emotions are floating to the surface.

GEMINI
MAY 22-JUNE 21
A loyal man calls off an outdoor adventure. A strange denial is revealed by a tempestuous woman. Be attentive at the bargaining table.

CANCER
JUNE 22-JULY 22
Agitation is produced by a temperamental freak. Helping a friend takes up time. You'll have a lot to think about all week.

LEO
JULY 23-AUG 23
Ill health will cause concern. Helpful people will advance your cause. A self-indulgent person is caught in the act of being a fake.

VIRGO
AUG 24-SEPT 22
A desperate person has a tantrum. Deep thoughts will start a family quarrel. A resentful troublemaker avoids commitments.

LIBRA
SEPT 23-OCT 23
A well-built person runs away from a losing battle. A woman is stamping out baseless rumours. Financial dealings with friends will need revision.

SCORPIO
OCT 24-NOV 22
Resist the temptation to feel sorry for a loser. A man makes light of a grim problem. Repairs should be made as soon as possible.

SAGITTARIUS
NOV 23-DEC 21
Someone vexes a buddy. You should develop a new socializing scheme. A funny prank could backfire in unimaginable ways.

CAPRICORN
DEC 22-JAN 20
Give a wake-up call to those who take advantage. A high achiever looks right through you. Beware the idle chatter of unwelcome visitors.

AQUARIUS
JAN 21-FEB 18
Somebody surprises you by making your life simpler. You won't be fooled by a charlatan. Romantic feelings continue to be distracting.

PISCES
FEB 19-MARCH 20
Unusual circumstances cause rifts in friendships. Remain alert and ready for action. Someone expects to be told what to do.

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